May Proclaimed High Blood Pressure Month

High Blood Pressure . . . sure most of us have heard of the disease but more Virginians need to understand the significance of the disease and recognize the methods of control. In order to increase this public awareness in the Commonwealth, the American Heart Association in cooperation with the National Heart, Lung and Blood Institute has designated May as High Blood Pressure Month. V. Eric Kemp, M.D., President of the Virginia Affiliate of American Heart Association announced the theme of this year's program will be "High Blood Pressure: Treat It For Life." The objective of the campaign will be to alert individuals with hypertension (the medical name for high blood pressure) of the need to stay on prescribed treatment to control the disease.

Dr. Kemp indicated several reasons for devoting an entire month to focus on a particular disease. "The most difficult and tragic aspect of the disease is its lack of symptoms. A person does not feel ill and therefore does not believe he or she has a problem. However, high blood pressure is a serious problem; undetected and untreated the disease can lead to stroke, heart attack and kidney failure. The tragedy is that many people fail to be tested or, once tested, don't follow their doctor's recommendations. A simple and painless test can determine whether or not your pressure is up. If your blood pressure is high, it can usually be controlled by following your doctor's advice on medication and diet."

Dr. Kemp indicated that the latest figures on high blood pressure show 35 million Americans have the disease or roughly 1 in every 6 persons. The statistics show that only 20 percent of our population successfully control high blood pressure. Another 40 percent do not know they have the disease. In addition 20 percent are not treating their high blood pressure at all. "The bottom line," said Dr. Kemp, "is that 4 out of 5 people with high blood pressure are not treating it properly. Therefore, our priority must be on treatment as well as blood pressure detection."

The difficulty with treating high blood pressure lies in the mysterious nature of the disease. Diet and medication can usually control the disease, but will not cure it. Once a person begins a medication program he will probably have to continue it the rest of his life. Even though his blood pressure is lower while taking medication, that is a result of the medication and if the treatment is stopped, the blood pressure will again rise to the danger level.

The Virginia Affiliate of American Heart Association is working on a three year joint project with the Virginia State Department of Health to set up guidelines and a mechanism for community blood pressure tests and a physician referral system. Individuals are tested free of charge and if elevated readings are detected, the persons are referred to their physicians. The Heart Association then follows up with the physicians to determine if the persons have hypertension and the prescribed treatment. This information is then computerized for future analysis and used to set up a year-round high blood pressure program.

Agricultural Teachers To Meet

About sixty agricultural education teachers in Southside Virginia are expected to attend a conference in the Randolph-Henry High School, Thursday, May 11.

A. H. Carter, instructor of agricultural education in the Appomattox County High School and president of the 14-county group, will preside over the sessions which will begin at 4:45 p.m.

Teachers scheduled to appear on the program include M. L. Bailey and L. W. Fannon, Charlotte C.H.; E. S. Harman, Bedford; and J. W. Morgan, Appomattox.

The group will be welcomed to Charlotte C.H. by R. Larry Dunn, principal of the host school. Special guests of the teachers will be VPI&SU seniors in agricultural education now doing student teaching in the Amherst County, Appomattox Middle, Randolph-Henry and William Campbell schools.

Homemakers' Week

May 1 - 6 was designated as Homemaker's Week. During this week special emphasis was placed on the homemaker's role to the home, family and community. Because of the homemaker, our county, our state, and our nation is a better place in which to live.

In keeping with our Citizenship Program of work, a display has been prepared in the window of Farmers National Bank. This display includes the nine flag designs which were entered in the contest sponsored by Appomattox Extension Homemakers Council to obtain a design for a flag for Appomattox County. The winning design was submitted by Glen Duff of Route 4, Appomattox.

Katie Martin, Reporter

Teacher: What was the Iron Age?
Student: The time before Drip-Dry!
-Grep Haupt, Edina, Minn., Boys' Life

SHEILA SMITH, Girl of the Year, displays a copy of the Chapter's recently published cookbook.

MARTHA STIMPSON, left, PRESENTS CONNIE MCDEARMON SMOOT, right, with the Order of the Rose Pin at the Founder's Day Celebration of Xi Gamma Tau.

VA Questions And Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - My husband was rated 100 per cent service-connected disabled at the time of his death, but died of nonservice-connected conditions. Is my daughter eligible for dependents' educational assistance?

A - Educational assistance is payable to dependents of veterans who die of nonservice-connected causes while totally and permanently disabled due to a service-connected disability.

Q - If I convert my WWII National Service Life Insurance term policy to a permanent plan of insurance, will I lose my dividends?

A - No. You will continue to receive dividends.

Q - My 18 year old son is receiving VA pension benefits. He is enrolled in college. Will his pension benefits be continued?

A - An eligible child may receive pension benefits until his or her 23rd birthday if he or she remains single and enrolled in an approved school. Obtain VA Form 21-674 from the nearest VA office, fill it out and submit it.

STONEWALL

He said unto his disciples, gather up the fragments that remain, that nothing be lost. John 6:12

Mr. and Mrs. Steve Tanner are the proud parents of a fine baby girl.

Mr. Hugh Braford remain about the same at McGuire Hospital, his wife Mrs. Maude Braford and son Jimmy Braford and his family visited him Sunday.

Mrs. Rebecca Bondurant is improving at her home.

Mr. and Mrs. Claude Trent Rhonda and Dana spent the week end with Mr. and Mrs. Wallace Bondurant and Richard.

Sunday afternoon Mr. and Mrs. Len Martin, Mr. and Mrs. L. B. Wheeler visited Mr. and Mrs. Wallace Bondurant.

Mr. Ray Thomas will have eye surgery Tuesday. Hope he will have a successful operation.

Friday, Mr. and Mrs. Paul Phipps from Beckley, West VA came to see her aunts Mrs. I. B. Wheeler and Mrs. Elsie Caldwell.

Mrs. Tom Davidson is some better.

Mr. and Mrs. I. B. Wheeler visited Mr. and Mrs. John Harrison last Tuesday. Mrs. Elsie Thornhill visited them on Monday.

Mr. and Mrs. Carter Bondurant has started on their new home on Stonewall road.

XI GAMMA TAU FOUNDER'S DAY

Xi Gamma Tau Chapter of Beta Sigma Phi celebrated Founders' Day on April 30th with a dinner at the Peaks of Otter Lodge. Special guest Janet Noble presented the annual awards. Chapter President Sheila Smith, received the Girl of the Year award while pledge Jo Ann Burger was recipient of the Yellow Rose Award. A highlight of the evening was the chapter's presentation of the Order of the Rose to the founder of the two present Appomattox Chapters, Connie McDearmon Smoot. The special ceremony, sanctioned by the International Office of Beta Sigma Phi, was officiated by Martha Stimpson, charter member of the chapters. All members shared in presenting Connie with an armful of yellow roses, the flower of the sorority, and a gold pin in recognition of her devotion to Beta Sigma Phi in over fifteen years of membership.

Unveiled at the dinner were cookbooks recently published by the chapter with the assistance of local merchants and some of the best cooks in the county. The cookbook is being sold by members to raise money for upcoming service projects. Copies are also available at the Arts & Crafts Center in the Railroad Station on Main Street and from individual members.

Revival Planned At Reedy Spring

Reedy Spring Baptist Church will be having their revival starting Sunday night, May 14th, and it will continue through Friday night, May 19th.

Rev. James Simpson, pastor of the church, along with the congregation, invites everyone to come and hear Rev. Omar Burnett bring the Lord's message each evening.

There will be special music by the choirs and singing groups each evening starting at 7:45 p.m. Hope to see you there.

A nursery will be provided each night.

ELEMENTARY SCHOOL MENU

Mon., May 15 - Beef-a-Roni, buttered broccoli, hot rolls, cherry cobbler

Tues., May 16 - Hot dogs on buns, cole slaw, great northern beans, fruit cup, milk.

Wed., May 17 - Sliced turkey w/gravy, creamed potatoes, cranberry sauce, green beans, hot rolls, fruit cup, milk.

Thurs., May 18 - Submarine Sandwich, w/cheese, turkey and bologna, beef, lettuce, baby lima beans, peach pie, milk.

Fri., May 19 - Surf patties, hot rolls, macaroni and cheese, cole slaw, peanut butter cake squares, milk.

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HOT SHOT VALUES ON USED CARS

Used Car Specials

1978 Chevrolet
Malibu Classic - 2 Dr - Air - AM/FM Radio - V/Top - Only 8,000 Miles (Originally $6,800.00) $5,695.00

1977 Chevrolet
Chevelle - 4 Dr - 8 Cyl. - A/T, Air Condition - Power Steering - One Local Owner $4,495.00

1976 Honda
STA-WAG - One Owner, Low Mileage. $3,295.00

1975 Chevrolet
Caprice Classic - 4 Dr - HT - Air - V/Top - Speed Control - Only 35,000 Miles - Extra Clean $4,495.00

1974 Ford
Maverick - 4 Dr - 6 Cylinder - Automatic Transmission - One Local Owner - Low Mileage $2,295.00

1974 Chevrolet
Impala - 4 DR - Air Condition - High Mileage - Sold As Is $1,495.00

1974 Ford
Thunderbird - 2 DR - HT - Air Condition - Stereo Tape - V/Top - Luxury Trim - Only 42,000 Miles - Like New $4,595.00

See PAGE PETTY, Salesman, or Jesse Guill, Bill Burge, Jack Lawson, Pat Lair, Dick Bland or David Scruggs.

TRUCKS

1977 Datsun
King Cab - 4 Speed Transmission - Only 12,000 Miles - Real Economy - Like New $3,995.00

1975 Chevrolet
Blazer - 4 X 4 - Standard Transmission - Power Steering - White Spoke Wheels - Off-Road Tires $4,695.00

1973 Chevrolet
Pickup - 8 Cylinder - 6' Body - Standard Transmission - Only 36,000 Miles $2,295.00

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ASCS Today

By Tom Conrad

Set Aside Program - The 1978 Set-Aside program signup will continue through Monday, May 15. Up to now there have been over 120 farms in the county that intend to participate, and I am hoping that between now and Monday we will have more to sign up.

As I've mentioned before there are provisions and benefits of the program that all farmers should know. By participating a farmer is eligible to receive disaster payments, deficiency payments and price support loans. These benefits can be received by setting aside the minimum acreage required (20% of wheat planted acreage, 10% of feed grain planted acreage). If a farmer sets aside additional acreage he is eligible to receive payments for the addition set aside. Also if a farmer decides not to harvest all wheat planted for grain, he can receive payments for the acreage he agrees to cut for hay, graze or green chop.

The program definitely has benefits which can be useful to the farmer and because of this farmers should look into the program to see what if offers to their particular operation.

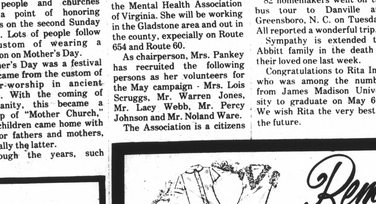
I hope that between now and Monday farmers, who have not checked on the program will stop by the ASCS office to do so. I think that after you stop by and have the program fully explained it will help you decide whether or not the program is for you.

Tobacco Leasing: The leasing period for fire and sun cured tobacco will run through June 1. If you have not completed your leasing agreement yet, I urge you to do so just as soon as possible. Also there is a bulletin board space in the ASCS office to post for leasing intentions if you have not already done so.

The spring leasing period for flue-cured tobacco will run through June 14. For those agreements that have not been completed, they need to be just as soon as possible.

After the June 14, deadline, the fall leasing period begins for flu-cured tobacco. In order to lease during the fall period, both the lessee and the lessor must have planted 80% of their allotment.

Measurement Service: The ASCS office provides measurement service for crops and land use. This service is provided for a nominal fee and it assures correct reporting at the time of certification.



JUNIOR CATTLEMEN'S WORKSHOP HELD

Dr. Tom Bibb of Virginia Polytechnic Institute and State University demonstrates the proper use of a balling gun to participants in the first of two Junior Cattleman's Workshops sponsored by the Virginia Junior Polled Hereford Association and the Virginia Cooperative Extension Service.

Held in Blacksburg May 2 at former VPI&SU President T. Marshall Hahn Jr.'s Hickory Hill Farm, the regional clinic included demonstrations on evaluation and selection, fitting and showing, performance records and herd health. Other program participants included Dr. Tom Turner, extension animal science specialist from VPI&SU; Doug Bunn, VPI&SU student; and Paul Bennett, Virginia Polled Hereford Association president. Supper was furnished by the host farm and was followed by a tour of the cow herd and informal discussions.

Interested young cattlemen are encouraged to attend a similar workshop May 17 at Knoll Crest Farm, Red House, beginning at 4 p.m.

"MOTHER" From A Child's View

By the upper class students at Robert E. Lee Academy

(With Mother's Day so near, I asked each child in my class to write down the things that "Mother" called to mind. This poem is a collection of their thoughts.

The students hope that this poem will bring to Mothers everywhere a wee bit of the love and joy their own mothers have brought to them. Mrs. Patty Myrick.)

"Mothers are all of the good things we know.
They love us at birth and each day as we grow.
They work to make life and everyday grand
By cooking our meals, feeding our pets, and taking our hand,
When we feel lost or in need.
They comfort and cheer, and praise a good deed.
They mend our jeans and do not mind.
To fix the things that thread can't bind.
A gentle voice, a soft assurance,
Patience, love and a superman's endurance.
Clothes and toys and favorite pies,
A nice clean room and the things she buys,
The homework she helps with,
the interest she shows,
Sharing her time and the things that she knows,
All of these are a part of Mother.
They can't be done by father, sister, or brother.
But M-O-T-H-E-R stands for things that are other
Than the usual adjectives for Mother.
Things like teaching right from wrong.
Saying no and being strong.
By doing things we think are mean,
Because she sees the things we have not seen.
She makes us shine our shoes and go
To church to worship even though
We would much rather be
Curled up in front of the T.V.
She's strict, she whips and often yells.
She orders and forever tells
Us this or that, or yes or no,
We must stay, we must go.
But in those quiet hours of night,
I've seen her lay awake in fright
For what will come of me.
And I hear her pray that I will be
The perfect many in body and mind,
That I'll be good, strong and kind.
So I creep in my feet so cold
And know that tender arms will hold
This frail and tempting me.
I know without my mother I wouldn't be.
The thoughts I long to speak, melt away
And in a flood of words I still can't say,
"That with each new day and each new start
The love I feel deep in my heart
Is for you - - - Mother.'"

"Mother's Day"

Mother's Day: Its meaning is just what the words say. A day set aside for mothers. The loving sympathetic, understanding, (strict), and wonderful creatures God made.

Mother's Day is set apart every year in honor of mothers. Many people and churches make a point of honoring mothers on the second Sunday in May. Lots of people follow the custom of wearing a carnation on Mother's Day.

Mother's Day was a festival which came from the custom of mother-worship in ancient Greece. With the coming of Christianity, this became a worship of "Mother Church," when children came home with gifts for fathers and mothers, especially the latter.

Through the years, such people as Julia Ward Howe, Mary Towles Sassen, Frank E. Hering, and Anna Jarvis tried to observe Mother's Day. Finally Anna Jarvis began a campaign for Mother's Day. She chose the second Sunday in May, and began the custom of wearing a carnation. The service at Andrew Methodist Episcopal Church honored the memory of Anna Jarvis' own mother.

Mother's Day received recognition on May 8, 1914. President Woodrow Wilson signed a resolution that day to observe Mother's Day. The following year, the President proclaimed Mother's Day as a national observance.

By Stella Osborne, Student
At Robert E. Lee Academy

Sadie L. J. Pankey Named Mental Health Chairman

Sadie L. J. Pankey of Appomattox County was named Mental Health Chairperson for May 1978 Campaign by Isabel G. Brenner, President of the Mental Health Association of Virginia. She will be working in the Gladstone area and out in the county, especially on Route 654 and Route 60.

As chairperson, Mrs. Pankey has recruited the following persons as her volunteers for the May campaign - Mrs. Lois Scruggs, Mr. Warren Jones, Mr. Lacy Webb, Mr. Percy Johnson and Mr. Noland Ware.

The Association is a citizens volunteer group, working to inform the public about mental illness and mental health in all communities across the state.

The Mental Health Association also offers free literature to the public on children's mental health, depression, alcoholism, sexuality and other mental health problems.

For information, write the Mental Health Association of Virginia, 1806 Chantilly Street, Suite 203, Richmond, VA 23230.

ROCKS

May 8 - Mother's Day is at hand. There will be homecoming in many homes and lots of happy mothers.

Graduation is on again. Many will graduate and go on their own; others will stay at home.

Larry Inge is at home from the hospital.

Helen Inge, Mrs. Minnie Taylor, Odelle Hanson, Peggy Lewis, Cassie Baldwin, Louise Roach, Ruby Almond, Mrs. Erna Roach, and Flora Dickerson attended the Annual WWMU Meeting at New Chapel Church on Thursday. It was quite a rainy day.

82 homemakers went on the bus tour to Danville and Greensboro, N. C. on Tuesday. All reported a wonderful trip.

Sympathy is extended the Abbitt family in the death of their loved one last week.

Congratulations to Rita Inge who was among the number from James Madison University to graduate on May 6th. We wish Rita the very best in the future.

Mrs. W. H. Elder taught a mission study class at Central Church on Friday night.

A large turnout in the town of Pamplin on Tuesday's election. J. A. Williams was successful in seeking the re-election as mayor.

Mr. and Mrs. Toby Inge and Mr. and Mrs. Aulden Roach were among the number from Rocks attending the conference at Eagle Eyrie Friday night and Saturday morning.

Mr. and Mrs. R. E. Roach attended the graduation exercise of their grandaughter, Mrs. Paul Campbell from James Madison University on May 6 at 10:00 a.m. We wish the very best to Sharon in her further career. They were overnight guests of their son, Rodney and family on Friday night.

Mrs. Gladys Harvey and Mrs. Carrie Richardson were dinner guest of Mr. and Mrs. Lloyd Richardson and boys on Sunday.

Mr. and Mrs. Jeff Taylor and Sara Browning of Lynchburg were visiting Rev. and Mrs. A. M. Taylor on Sunday.

The Tommy Sesler Crusade here in Appomattox started Sunday, May 7 at the Appomattox County High School and will go through Saturday night, May 13 at 8:00 P. M.

Mr. and Mrs. S. E. Ranson attended a wedding in Charlottesville Saturday noon.

A number from Rocks attended the crusade in Appomattox Sunday night. Several had a part in the choir.

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LADIES DUSTERS 65% Polyester 35% Cotton Size S-M-L $5.99 - $6.99
LADIES HANDBAGS Dress Bags, Clutch Bags Cloth Bags $6.00 - $8.00
LADIES DRESSES Short Sleeve Sleeveless Sun Dresses 100% Polyester All Sizes $12.99 - $18.99
LADIES SKIRTS 100% Polyester 50% Cotton Floral Prints $8.99
LADIES SHOES AND SANDALS Miss Wonderful Beacon Treadeasy $5.99 - $17.99
LADIES COATS Size 8 - 18 Washable $24.99
LADIES JEANS Elastic Back Western Flares $9.95 - $11.99
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